

# KICKS

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## TAEKWON-DO ACADEMY

### **2<sup>nd</sup> Kup to 1<sup>st</sup> Kup (Red to Black Stripe)**

1<sup>st</sup> Edition - Mar 2018

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# Introduction to Taekwon-Do

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## Taekwon-Do Oath;

I shall observe the tenets of Taekwon-Do

I shall respect my Instructors and Seniors

I shall never misuse Taekwon-Do

I shall be a champion of freedom and justice

I shall strive to build a more peaceful world

## Tenets;

### Courtesy - Ye Ui (*Yee Oi*)

- Be polite to one another.
- Respect each other, your Instructors and your Seniors.
- Bow, shake hands and always reply to your instructor(s) with “Sir” or “Ma’am”
- Stand when asking or answering a question.
- Help each other succeed (if help is wanted) and support each other.

### Integrity - Yom Chi (*Yom Chee*)

- Be honest to yourself, your friends, your family and your Instructor.
- Never ask to grade, you will grade when your Instructor thinks you are ready.
- If teaching techniques, always teach “true” Taekwon-Do, with proper techniques.

### Perseverance - In Nae (*In Nay*)

- Keep practicing even if the body is tired.
- Keep practicing even if the mind is tired.
- Keep practicing that technique you cannot do.
- Keep practicing your patterns.
- Keep practicing!
- Never give up, no matter how hard the task.

### Self Control - Guk Gi (*Gook Gi*)

- Keep ones emotions under control.
- Do not get angry in the face of defeat (revenge!).
- Do not get egotistical in the face of victory (bragging!).
- Stay calm in all areas inside and outside the Dojang.

### Indomitable Spirit - Baekjul Boolgool (*Bake-Jewel Bool-Gool*)

- Strength of character.
- Stand for what you believe is right, in the face of many.
- Like the Spartans of old, Leonidas and his 300 Spartans stood against the superior, undefeatable armies of Xerxes, defending their views and their way of life.
- Understand injustice and take action against it, without fear or hesitation.

## Rules of the Dojang;

- 1) Always bow when entering and leaving the Dojang.
- 2) Always be dressed in your Dobok and have your belt tied before entering the Dojang (Unless the Instructor has said it is ok).
- 3) Always shake the Instructors hand, along with all other black belts and students, with your right hand, holding your left hand open facing downwards, under your right elbow (this shows the hand is empty!).
- 4) Always ask a question by holding your hand up.
- 5) Always stand before asking your question, or answering a question from your Instructor.
- 6) Remain standing until the Instructor, or other senior Black Belt has said you can sit down again, however long that may be.
- 7) If entering a class that has already started, always wait at the entrance (after your bow) for the Instructor to invite you in, then join the back of the class in the last position, regardless of your rank.
- 8) If leaving the line-up for any reason, always leave by walking to the closest end of your line, then round the class (round the back of the class if necessary). Never walk in front of the Instructor, between them and the class. When you return, wait to be invited back to the lesson and walk the same path back to your place.
- 9) When moving or even standing around the Dojang, be aware of other Students performing patterns or techniques, or sparring and give them plenty of room to move around. They should not be disturbed and may not even see you.
- 10) When being dismissed from a Master or Grand Master, always bow, take three steps backwards facing the Master in case he wants to speak to you again, bow again and then turn away.
- 11) Always try your hardest, you may not be able to perform certain techniques, but the best effort is always appreciated.
- 12) Always listen, with full attention, to your Instructor(s).
- 13) Excessive fooling around, dangerous actions and anger will not be tolerated in the Dojang and the Student(s) may be asked to leave the Dojang. Taekwon-Do training should be fun, but it should also be treated with the respect it deserves as at the end of the day, this is a dangerous Martial Art where Students of Taekwon-Do can be seriously injured.
- 14) Please no talking when an Instructor is talking, as this not only wastes time as the Instructor must repeat themselves, it is also not showing the Instructor courtesy and respect.
- 15) Never show the soles of your feet when sat down, this is considered very rude in Taekwon-Do.

Even though this does seem like a lot of rules, as Rule 13 points out, Taekwon-Do **can be** very dangerous if Students are not listening with their full attention to their Instructor(s) and other Students, or they are performing techniques dangerously in the close proximity of others. So please try to follow these rules as closely as possible.

Every Martial Art, regardless of art, requires a high standard of **discipline, etiquette, morals** and **respect**, which is not only an excellent way to treat your fellow human being, but puts every disciple of that art into a balanced way of thinking about each other and the art they are training in. The Um-Yang in Taekwon-Do represents the hard and soft, dark and light parts of ourselves that must be in complete unison with one another. Think of the hard, or dark side as the powerful techniques of Taekwon-Do and your trained body, then think of the soft, or light side as the graceful techniques and your peaceful mind. Both working in total equilibrium.



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## Hwa Rang Tul - 29

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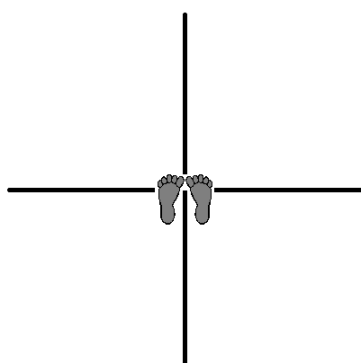
Hwa Rang introduces Vertical Stance, Palm Pushing block, Upward Punch, Knife Hand Downwards Strike, a Release using a Middle Section Side Piercing Kick, High Section Turning Kicks, Side Elbow thrust and High Section Inner Forearm Side Front Block. Both Turning Kicks are High Section, if capable, but proper technique is always preferred if needing to keep lower at Middle Section. Be aware of the distance on your sliding Fixed Stance on Step (6), also the sliding Side Elbow Thrust on Step (25) as these moves can determine where you finish on your mark.

The Diagram of the pattern looks like this;

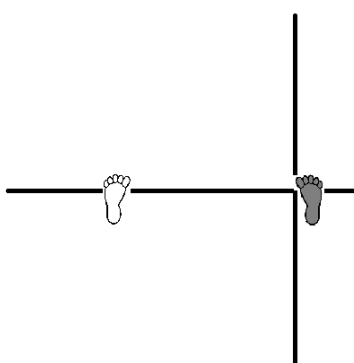


Starting in Moa Junbi Sogi 'C' (START). Step left foot out into Sitting Stance, Palm Pushing Block (1). Staying in Sitting Stance, Right Middle Section Fore Fist Punch (2), Staying in Sitting Stance, Middle Section Left Fore Fist Punch (3). Bring right foot in then out into Right L Stance, Twin Forearm Block (4). Staying in L Stance, Upward Fore Fist Punch with the left fist (5). Slide approximately half a walking stance distance, into Fixed Stance, Side Punch (6). Bring right foot back into Vertical Stance, Knife Hand Downwards Strike with the right hand (7). Step Forward, Walking Stance, Middle Section Fore Fist Punch (8). Bring left foot back (8b) and turn left, into Left Walking Stance, Low Section Outer Forearm Block (9). Forward, Walking Stance, Middle Punch (10). Shift left foot forward half a walking stance, both feet at an angle, while grabbing right fist (11). Pull fist in and at the same time execute Middle Side Piercing Kick with right leg (11b). Land in Right L Stance, Outward Knife Hand Strike (12). Forward, Walking Stance, Middle Punch (13). Forward, Walking Stance, Middle Punch (14). Turn anti-clockwise to the right, into Right L Stance, Middle Section Knife Hand Guarding Block (15). Forward, Walking Stance, Straight Fingertip Thrust (16). Spot Turn into Right L Stance, Middle Section Knife Hand Guarding Block (17). **To one count, straight after each other** – High Turning Kick off rear right leg (18), land in L Stance (18b), High Turning Kick off left rear leg (19), land in L Stance, Knife Hand Guarding Block (19b). Bring left foot back, then turn left into Walking Stance, Low Section Outer Forearm Block (20). Shift left foot into Right L Stance, Middle Section Obverse Punch (21). Forward, L Stance, Middle Punch (22). Forward, L Stance, Middle Punch (23). Shift into Left Walking Stance, Low Section X-Fist Pressing Block (24). Bring right foot round anti-clockwise, almost foot to foot so you are facing the opposite direction (24b) then slide backwards into Right L Stance, Side Elbow Thrust (25). Bring left foot anti-clockwise into Closed Stance, High Section Right Forearm Side Front Block with left reaction force straight arm (26). Staying in Closed Stance, raise on toes and when landing, High Section Left Forearm Side Front Block, with right reaction force straight arm (27). Step forward into Right L Stance, Knife Hand Guarding Block (28). Foot to foot, then turn right, into Left L Stance, Knife Hand Guarding Block (29). Return right foot to Moa Junbi Sogi 'C' at "BARO" command (FINISH).

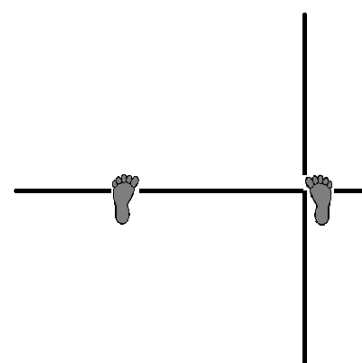
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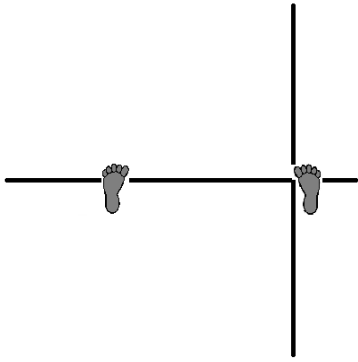
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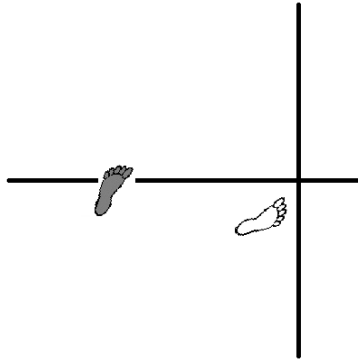
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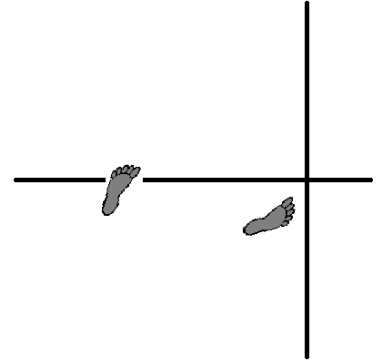
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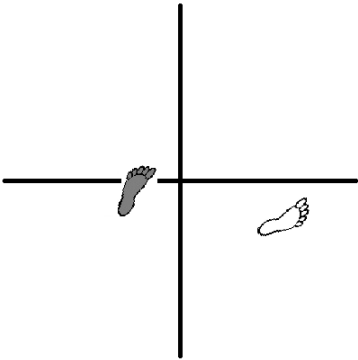
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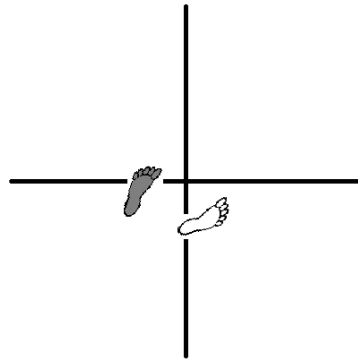
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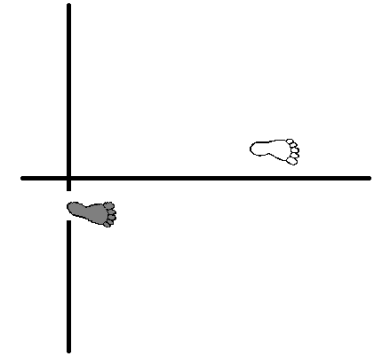
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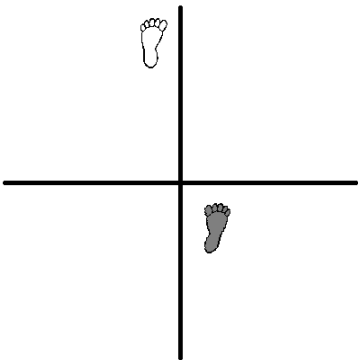
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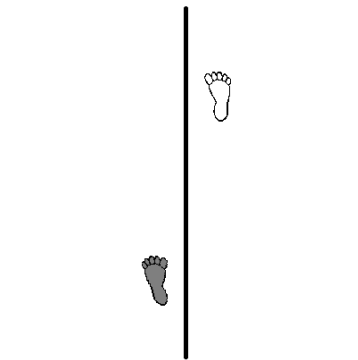
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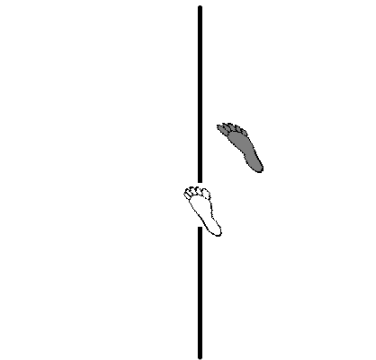
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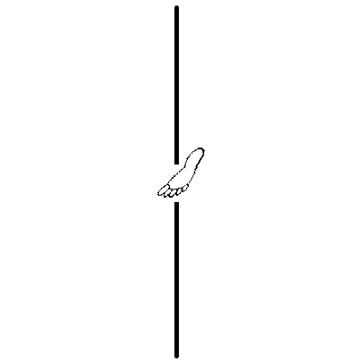
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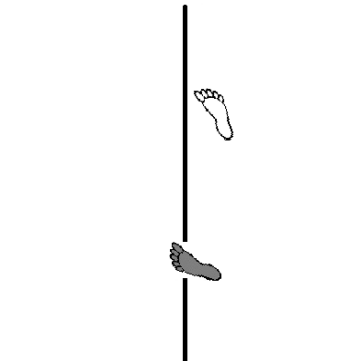
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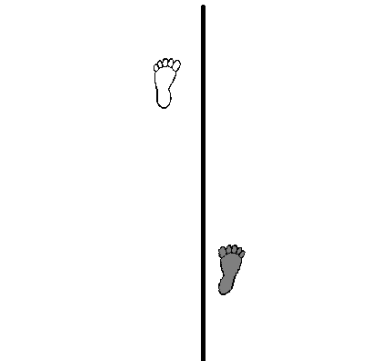
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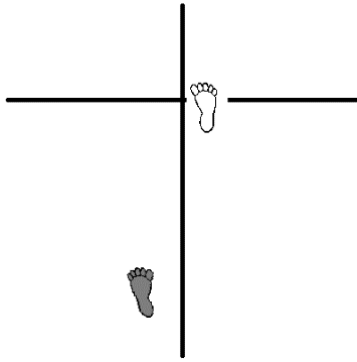
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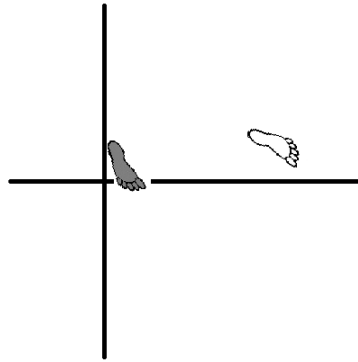
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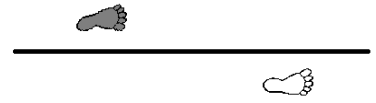
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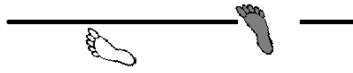
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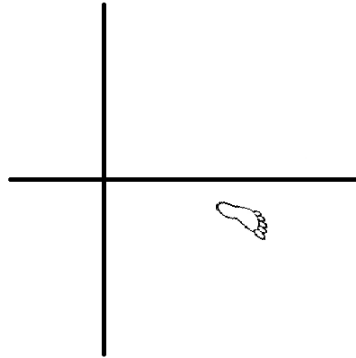
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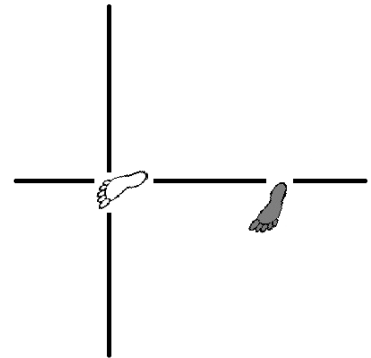
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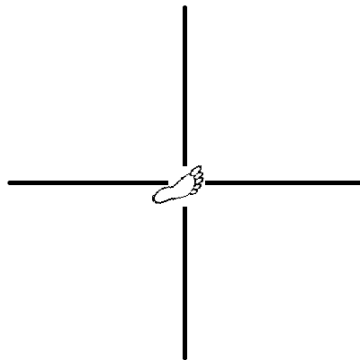
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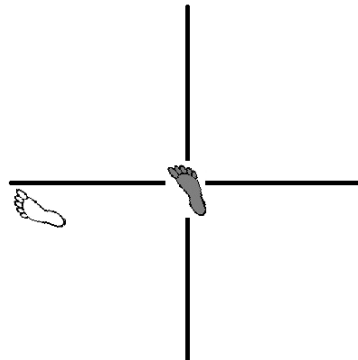
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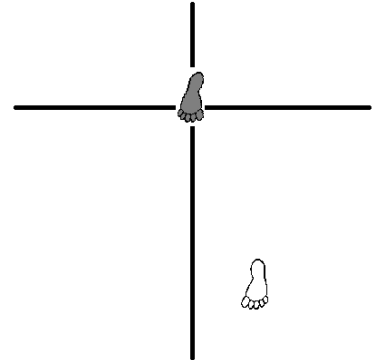
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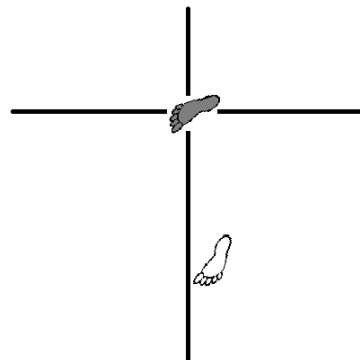
19b)



20)



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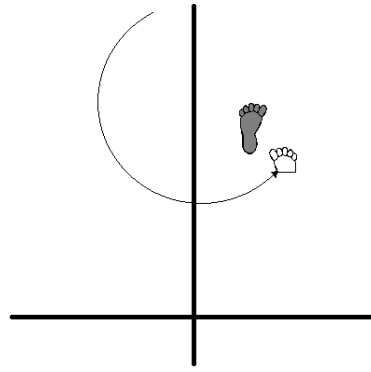
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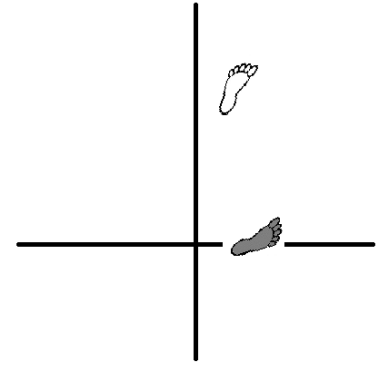
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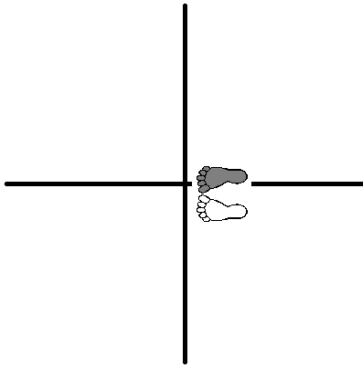
24b)



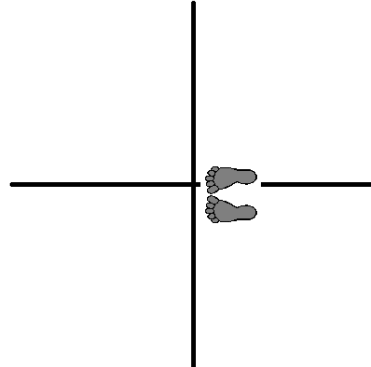
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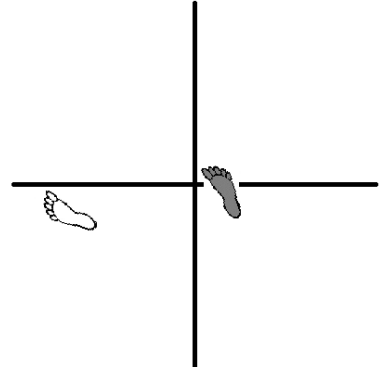
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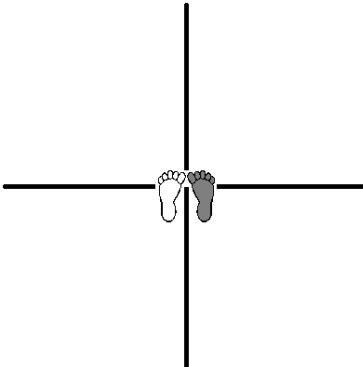
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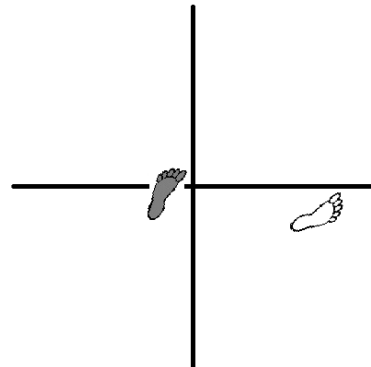
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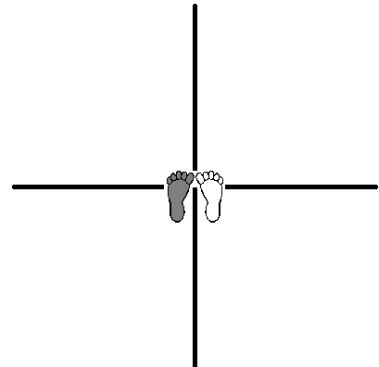
28b)



29)



FINISH)



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## 2<sup>nd</sup> Kup – Red to Black Stripe Belt

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2<sup>nd</sup> Kup introduces many new and quite advanced techniques in Hwa Rang. Becoming a Red Belt is a major achievement and when true Taekwon-Do starts becoming clear. Everything starts to come together, all techniques and stances, especially the basics, should now be almost second nature and have been perfected.

### Requirements for Grading;

Toi Gye Tul	Pattern Toi Gye (In your own time)
Hwa Rang Tul	Hwa Rang Tul (In your own time)
Ilbo Matsoki	One Step Sparring
Jayoo Matsoki	Free Sparring "2 on 1" Sparring
Hosin Sul	Self Defence (Standard, Attack, Break Release)
<b>Gyokpa;</b>	<b>Destruction;</b>
Twimyo Yop Chagi	Flying Side Kick

### Theory;

#### What is the meaning of Hwa Rang?

Hwa Rang is a 29 movement pattern and is named after the Hwa Rang Youth Group, which originated in the Silla Dynasty in the early 7<sup>th</sup> Century. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where Taekwon-Do developed into maturity.

#### What is the meaning of Black Belt?

Black is the opposite of white, therefore signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

#### What is the system for Two on One Sparring?

Two Attackers attack at will, using a combination of hand and feet attacks, whilst one Defender defends using a combination of hands, feet, blocks, holds, movement and take downs. This form of sparring enables the student to learn to defend themselves against multiple attackers.



## **Terminology;**

### **Stances;**

Moa Junbi Sogi 'C'	Closed Ready Stance 'C'
Gojung Sogi	Fixed Stance
Soojik Sogi	Vertical Stance
Moa Sogi	Closed Stance

### **Attacks;**

Ollyo Jirugi	Upward Punch
Sonkal Naeryo Taerigi	Knife Hand Downward Strike
Nopunde Dollyo Chagi	High Turning Kick
Yop Palkup Tulgi	Side Elbow thrust
Bandal Chagi	Crescent Kick
Twimyo Yop Chagi	Flying Side Kick

### **Defences;**

Sonbadak Miro Makgi	Palm Pushing Block
Kaunde An Palmok Yobap Makgi	Middle Section Inner Forearm Side Front Block

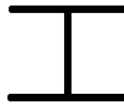
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## Choong Moo Tul - 30

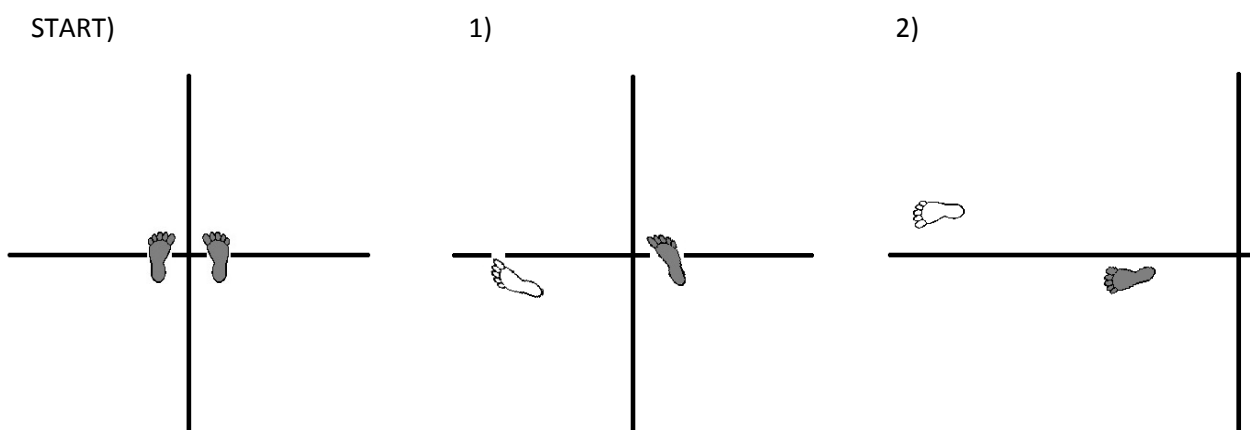
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Choong Moo, the last of the colour belt patterns, introduces many new techniques, some of which are quite challenging at first. Introducing Twin Knife Hand Block, High Section Inward Knife Hand Front Strike with a Reaction Open Hand, Flying Side Piercing Kick, Low Section Reverse Outer Forearm Block in L Stance, High Section Reverse Knife Hand Front Strike, Middle Back Piercing Kick, a 360° Jump Spin changing stance and technique, Middle Front Block, X-Knife Hand Checking Block and a Twin Palm Upward Block.

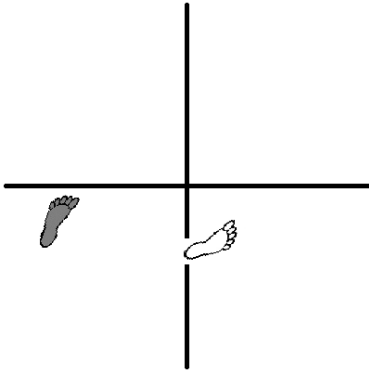
The Diagram of the pattern looks like this;



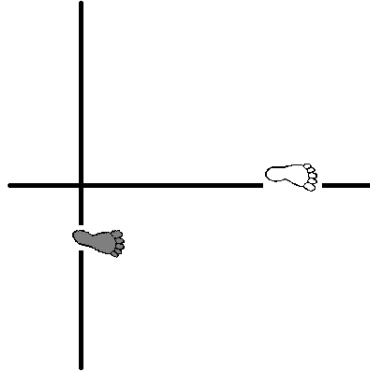
Starting in Parallel Ready Stance (START). Turn left into Right L Stance, Twin Knife Hand Block (1). Step forward into Walking Stance, High Section Inward Knife Hand Front Strike with the right hand, with a Reaction Force Hand with the left hand - stopping near the forehead (2). Bring right foot round 180° into Left L Stance, Knife Hand Guarding Block (3). Step forward Walking Stance, High Flat Fingertip Thrust (4). Turn left into L Stance, Knife Hand Guarding Block (5). Turn 180° while bringing the rear foot up, into a Left Bending Ready Stance towards the back, Forearm Guarding Block (6). Execute a Middle Side Piercing Kick (7), then land in a Right L Stance, Knife Hand Guarding Block, facing the front again (8). Take one step forward with the right foot to gain momentum and then using the left knee to gain height, execute a Middle Section Flying Side Piercing Kick with the right foot (9) and land in Left L Stance, Knife Hand Guarding Block (9b). Turn anti-clockwise with the left foot, into Right L Stance, Low Section Outer Forearm Block (10). Shift into Left Walking Stance, extending the arms to grab (11), then execute an Upwards Knee Kick (12), bringing the right foot to the left (12b) turning into Left Walking Stance, High Section Reverse Knife Hand Front Strike, bring left back hand under right elbow joint (13). Execute High Section Turning Kick with right foot, landing right foot next to left, facing opposite direction (14), then execute Middle Back Piercing Kick with the left foot (15), landing Left L Stance, Forearm Guarding Block (16). Execute Middle Section Turning Kick with the left foot at a 45° angle (17), then bring the left foot to the right foot (17b) then right foot out into Right Fixed Stance, with U-Shape Block (18). Jump and spin 360° anti-clockwise, landing on same spot but changing stance to Left L Stance, Knife Hand Guarding Block (19). Step forward, Left Walking Stance, Low Upset Fingertip Thrust with right hand (20). Shift left foot back, into Right L Stance, High Side Back Fist Strike with right fist, with a Low Block with the left forearm (21). Step forward, Right Walking Stance, Straight Fingertip Thrust (22). Turn anti-clockwise with left foot, into Left Walking Stance, High Section Double Forearm Block (23). Right foot round, into Sitting Stance and to one count execute a Middle Front Block (24) then High Back Fist Side Strike (24b). Execute a Right Middle Side Piercing Kick to your left (25), lowering into a loose "comfortable" Left L Stance (25b), straight into executing a Left Middle Side Piercing Kick (26) lowering into a loose "comfortable" Right L Stance (26b), then using the turn and creating your Left L Stance, execute a X-Knife Hand Checking Block (27). Step forward into Left Walking Stance, Twin Palm Upward Block (28). Spot Turn, Forearm Rising Block (29). On the spot, Middle Section Reverse Fore Fist Punch (30). Bring left foot back to Narani Junbi Sogi at "BARO" (FINISH).



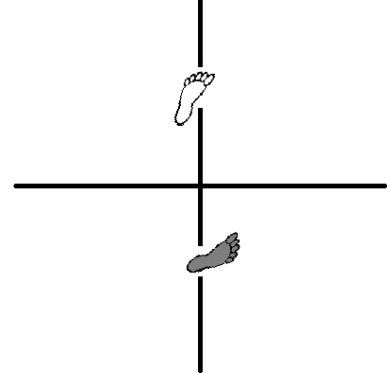
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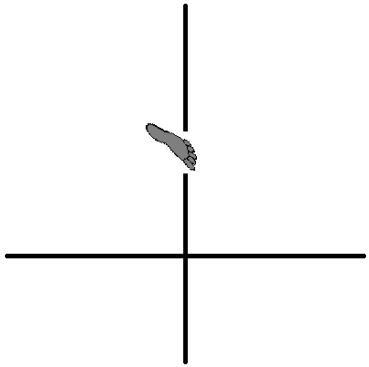
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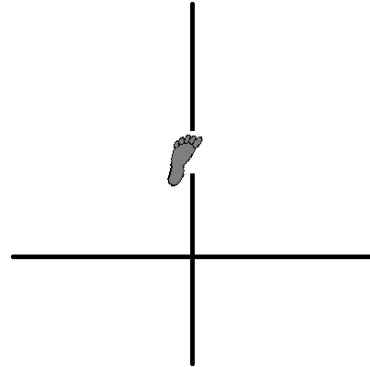
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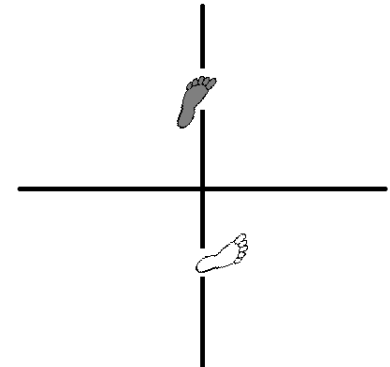
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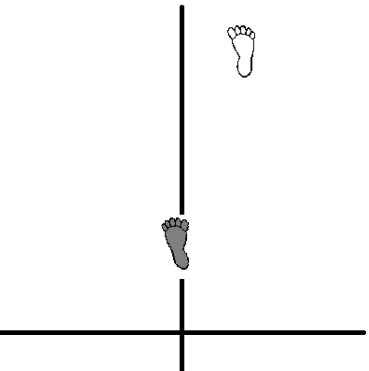
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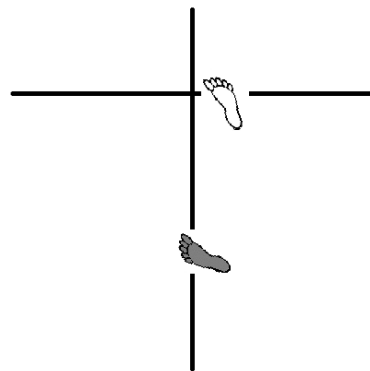
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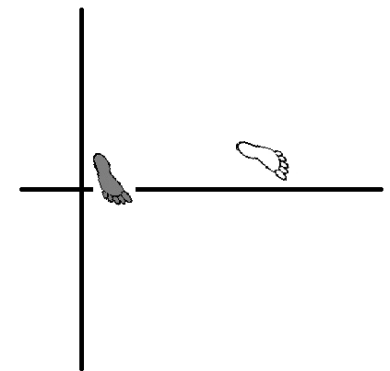
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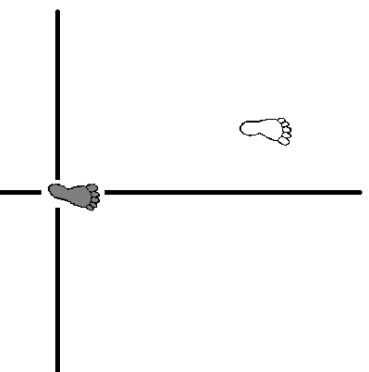
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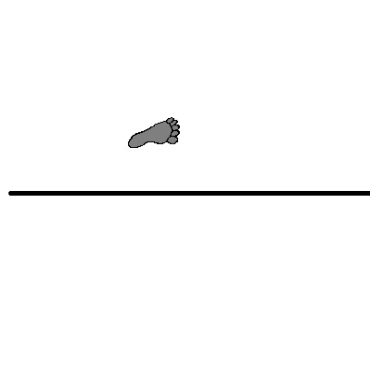
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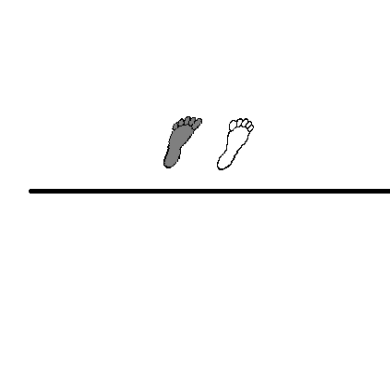
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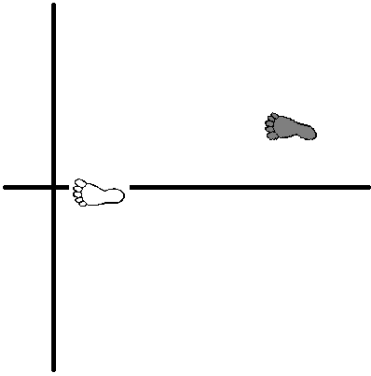
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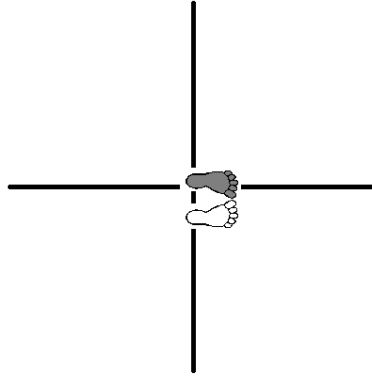
12b)



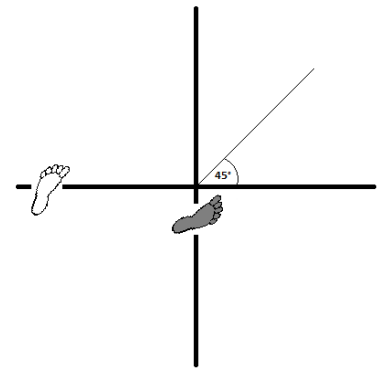
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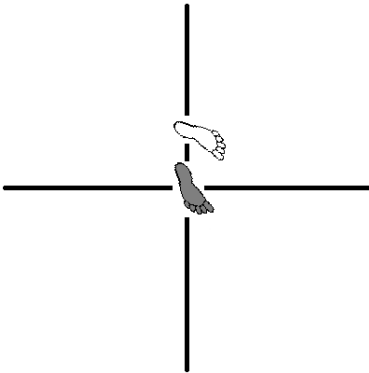
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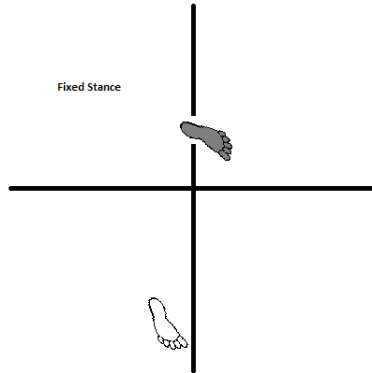
16 & 17)



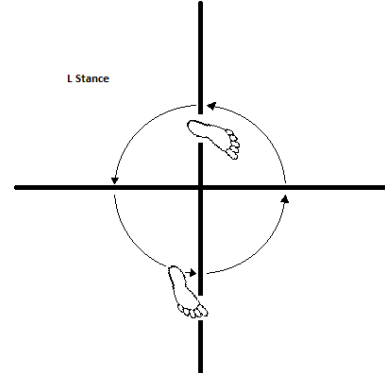
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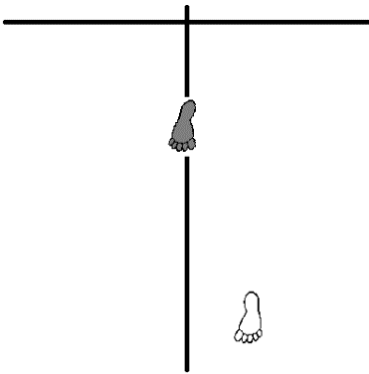
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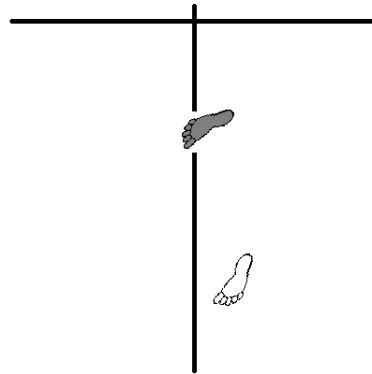
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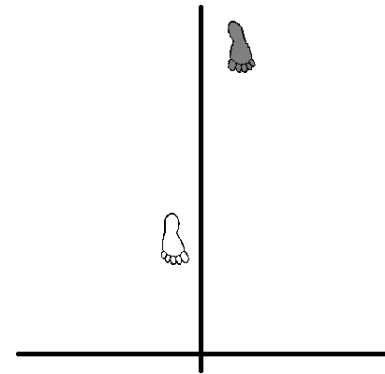
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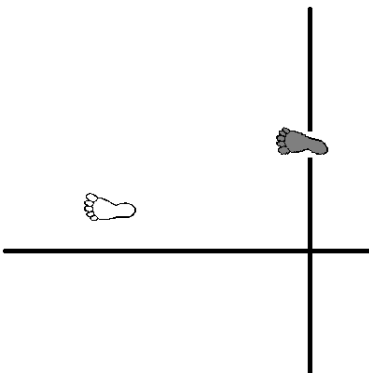
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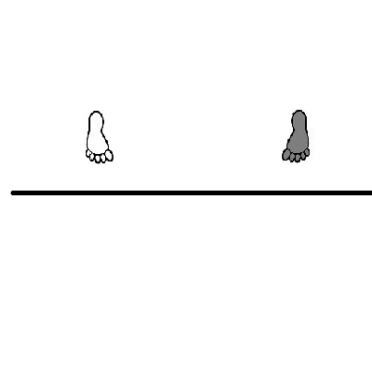
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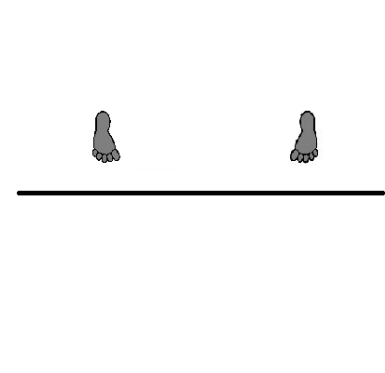
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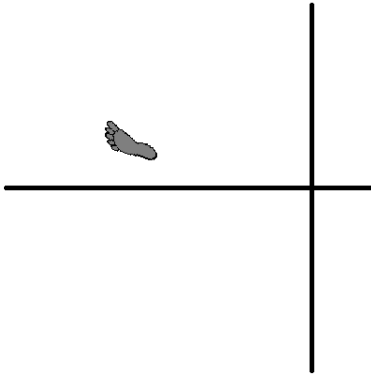
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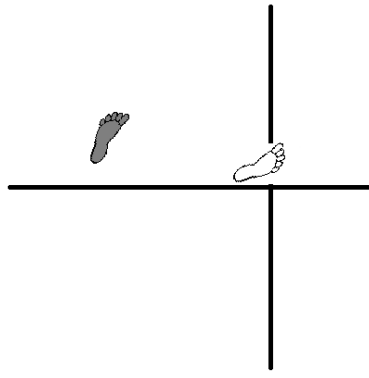
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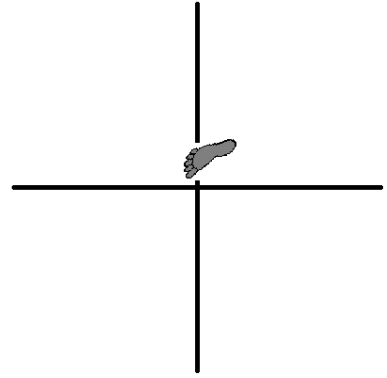
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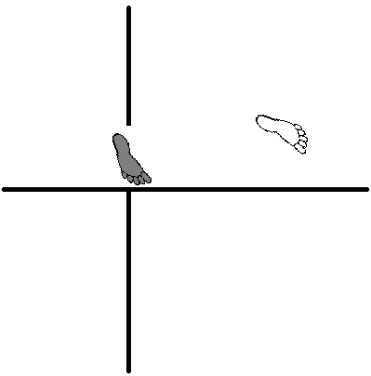
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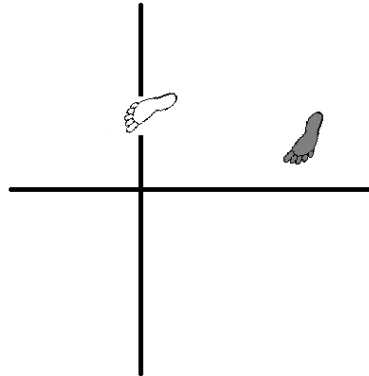
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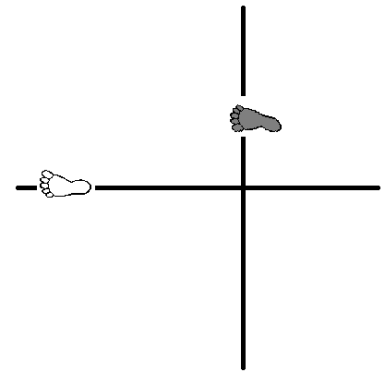
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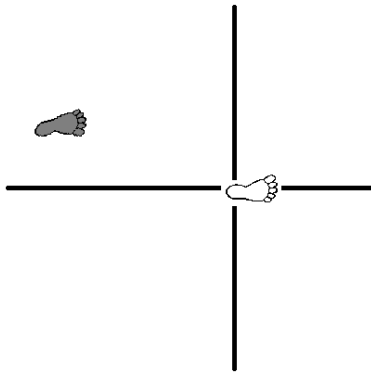
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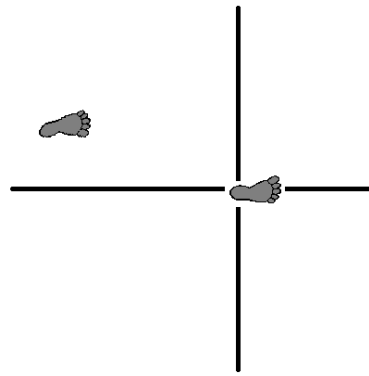
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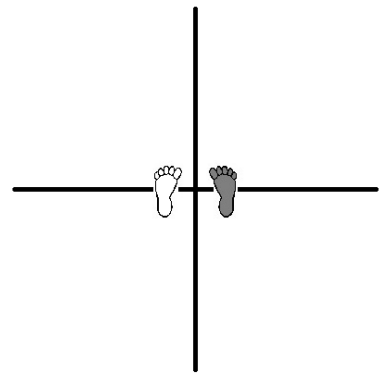
29)



30)



FINISH)



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## Training Secrets of Taekwon-Do

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An old proverb says that even heaven cannot make a diligent worker, poor.

However in Taekwon-Do, diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only reduce the power but require a tremendous amount of time to correct.

On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of Taekwon-Do in a comparatively short period of time with less effort.

Students should keep in mind the following secrets;

- 1) To study the theory of power thoroughly.
- 2) To understand the purpose and meaning of each movement clearly.
- 3) To bring the movement of eyes, hands, feet and breath into a single coordinated action.
- 4) To choose the appropriate attacking tool for each vital spot.
- 5) To become familiar with the correct angle and distance for attack and defence.
- 6) Keep both the arms and legs bent slightly while the movement is in motion.
- 7) All movements must begin with a backward motion with very few exceptions.
- 8) To create a sine wave during the movement by utilising the knee spring properly.
- 9) To exhale briefly at the moment of each blow except a connecting motion.

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## 1<sup>st</sup> Kup – Black Stripe to 1<sup>st</sup> Dan Black Belt

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1<sup>st</sup> Kup introduces many new and quite advanced techniques in Choong Moo.

In Taekwon-Do, it is considered that now is the end of your Basics and Intermediate Training. Once you start your training as a Black Belt, your true training begins!

Remember all of your basics, as these will all help you be the best you can be.

### Requirements for Grading;

	ANYTHING LEARNED SO FAR!!
Hwa Rang Tul	Pattern Hwa Rang (In your own time)
Choong Moo Tul	Pattern Choong Moo (In your own time)
Sambo Matsoki	3 Step Sparring
Ibo Matsoki	2 Step Sparring
Ilbo Matsoki	One Step Sparring
Ban Jayoo Matsoki	Semi-Free Sparring
Jayoo Matsoki	Free Sparring
	“2 on 1” Sparring
Hosin Sul	Self Defence (Standard, Attack, Break Release)

### Gyokpa;

### Destruction;

Students choice of Hand Technique, Foot Technique and Material

### Theory;

#### What is the meaning of Choong Moo?

Choong Moo is a 30 movement pattern, which is the given name to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (the Kobukson) in 1592, which is said to be the precursor for the modern day submarine. The reason why this pattern ends with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the King.

#### What is the meaning of Black Belt?

Black is the opposite of white, therefore signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

## **Terminology;**

### **General;**

Twiggi

Jumping

### **Attacks;**

Nopunde Sonkal Ap Taerigi

High Section Knife Hand Front Strike

Nopunde Sonkal Dung Ap Taerigi

High Section Reverse Knife Hand Front Strike

Nopunde Dung Joomuk Yop Taerigi

High Back-Fist Side Strike

### **Defences;**

Kaunde An Palmok Ap Makgi

Middle Section Inner Forearm Front Block

Kaunde Kyocha Sonkal Yop Makgi

Middle Section X-Knife Hand Side Block

Doo Sonbadak Ollyo akgi

Double Palm Upwards Block

*Your journey to 1<sup>st</sup> Degree Black Belt is within your reach. It has been a great pleasure to teach you over the years and I look forward you seeing you achieve this goal and continue your journey through the Degree ranks. Always remember that your 1st Degree Black Belt is not the end of the journey. You now know the basics; this is where your real journey starts!*

*Good luck!*

*Chris Clarke – Chief Instructor*



**NOTES;**